

March 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

The Czech Republic!

Dear friends in Santa Barbara AA,

Please allow me to introduce myself, my name is Michal and I am an alcoholic. Member of AA in Czech Republic.

It seems more than overdue to touch base with our precious friends over there in sunny California. After all, so much help, support and inspiration have come from your beautiful state to aid with establishing our Fellowship in my country. Obviously it was long before my time but I have always held dearly memories and history of our founders, meaning Bill and Dr. Bob as well as Vladimir, Lojza, Ski and numerous others who helped to spread the message in Czech language. We keep remembering and honoring our pioneers and oldtimers. Well and lately Hana refreshed and somehow connected this chapter of our history with us serving and guarding this beacon of hope now.

Another "coincidence" has happened that this January at our GSC we were privileged to host Eva Sanches from GSO who was a very good friend to Vladimir and fellows in Santa Barbara too. She shared with us very touchingly her experience with helping Czech AA develop and some wonderful stories about Vladimir.

So we would like to exchange some kind, encouraging and grateful words with you. Hana mentioned that some of you might be willing to submit your stories or some articles to our national magazine, that would be really great. I am not sure what we can offer but whatever it is, it's just a simple ask from you away :-)

I hope I am not offending anyone on our end when I am sort of speaking for Czech AA, I am no official ambassador or anything, I was only asked and happily accepted this opportunity to write to you. I have some friends in the USA and I have been to California before, it brightens me to think about those times and I simply love to communicate with somebody who knows and possibly cares about our little AA here in Czech Republic.

And we would truly love to hear anything from you. We can translate and share with our members here and I am sure that it can bring so much joy, hope and so very needed feeling of togetherness in these peculiar times.

My wishes of good health and happy sobriety to you all. We are looking forward to hearing from you.

In Fellowship of the spirit
Michal, alcoholic



Managers Corner

March 5, 1983 is my sobriety date. Funny to think I have 40 years of continuous sobriety, considering I wasn't an alcoholic when I was brought to my first AA meeting in Los Angeles all those years ago. But something happened in that room of about 450 other alcoholics that Saturday night. I was laughing at something the speaker said, who happened to be Dr. Paul. Of course I had no idea who Dr. Paul was or that his story was in the "Personal Stories" section of our beloved Big Book. I was thinking, huh, I'm not loaded and I'm laughing. Strange, I thought. A woman brought me up to the literature table at the break that night and handed me the 20 questions. I don't know why I followed her up to the literature table but there I was. She told me a little about her drinking. I wondered why.

Some of you who know my story know that my mother moved out to California from Massachusetts to basically "take care of me." She packed up a small, rented U-Haul trailer and her little French poodle "Little Bit" and drove 3,000 miles by herself. Soon after her arrival, she saw me and my life and how I was living -- you know, the circling the drain stage, and had the nerve to call me an alcoholic! Imagine that! I was aghast! Eyeroll... I wasn't very nice to her in those days.

So here I am, just after that first meeting (not on a court card) the 20 questions in hand, with mother sitting beside me on the couch and I took the "test." I answered several questions "right", or "yes." No one was more surprised than I was to learn that according to Johns Hopkins University Hospital that, in their opinion, I was definitely an alcoholic. I thought... maybe. I was not convinced but in a way I was excited to learn this because I felt something was wrong with me, but I couldn't figure out what. Now I know. At some point in my early sobriety, I said "I don't know if I am an alcoholic or not, but I am going to stay here until I find out." Well, I found out. And thank God! Thank God for the AA pioneers, Bill Wilson and Dr. Bob, Ebby Thatcher, Rowland Hazard, Hank Parkhurst - who as was pointed out in the February issue of The Messenger was largely responsible for the writing of the Big Book, and Carl Jung, Dr. Silkworth and so many others. Thank you, God!

If you are new here in Alcoholics Anonymous, I hope you stay. We hope you stay. You are welcome here! And I hope you find what I have found here. Something I didn't know I was looking for. A solution to my living problem - peace, serenity, love, friendship, a sense of purpose, happiness. You can join us as we trudge the road of happy destiny together.

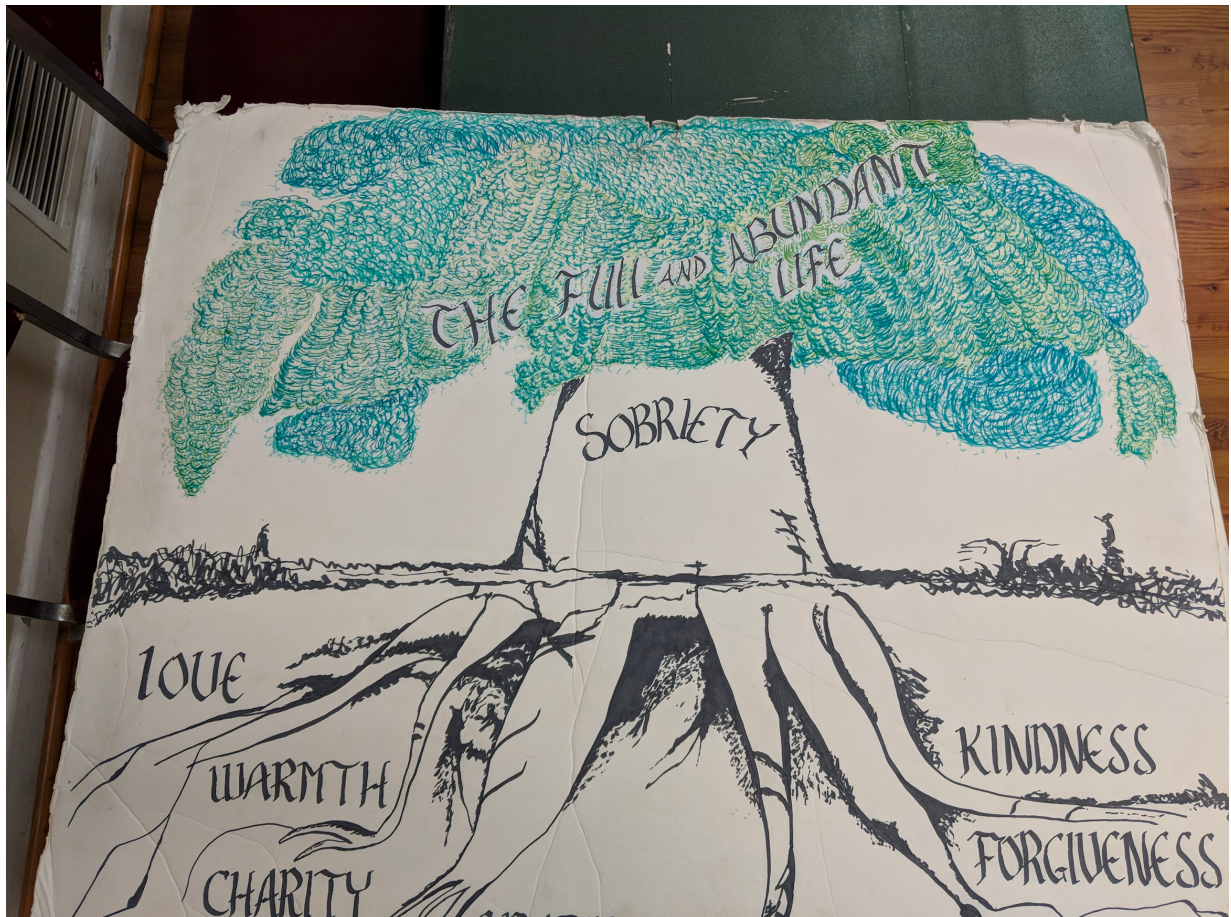
Thank you for my life.
Theresa C.

Happy Birthday!

Member	Years
Raymond C.	1
Meg S.	1
Jon M.	2
Kenny L.	7
Charles L.	8
Hope Z.	15
Brent L.	16
Eric L.	25
Angela W.	27
Stephanie J.	35
Monica C.	37
Linda H.	46

Do you remember this?

Write us if you do



**What they dont tell you is to 'buckle up' as the full and abundant life is no joke!
#grateful #overpaid #thank you AA!**

S.B. Intergroup (IGR)
Meets the 2nd Tues. of the
month
6:00 p.m. - 7:00 p.m.
Zoom ID - 905 623 8082
Password - 184289

Hospitals & Institutions (H&I)
Service Committee Meeting
Meets the 2nd Mon. of the
month
at Your Central Office
5:30 Orientation for new
members
Business meeting as usual
6:00 p.m. - 7:00 p.m.

SB Central Office - Office
Volunteer Shifts

Prerequisite - One year of
sobriety. Duties include, but not
limited to: answering the
phone, literature / medallion
sales, organizing, stocking
shelves.
Open Office Shifts: Mondays
10:00 - 2:00 p.m.
Saturdays 10:00 - 2:00 p.m.

General Service Committee
(GSR)
District 23
Meets the 1st Mon. of the
month
6:00 p.m. - 7:00 p.m.
Zoom ID - 854 898 114
Password - 061035

AA Info Calls.....69
Alanon Referrals..... 1
Out of Towners..... 6
Office Walk Ins.....149
12 Step Calls.....0
12 Step via Office.....3



Scan QR Code for payment

Become a Central Office Supporting Member!!

Supporting Member Donation Coupon

I would like to become a supporting member of the Santa Barbara AA Central Office and help it to carry the message of recovery and be there for the alcoholic who still suffers.

Enclosed is my first contribution of \$_____. I will continue to donate this amount on a (circle one) monthly, quarterly, or annual basis.

If you are already a supporting member, would you please be so kind and update your contact information so we may keep our records accurate?

Venmo and credit cards accepted: Venmo: @SBCentralOffice

Credit Card: Name on

Card:_____

Card Number:_____

Expiration Date:_____ Security Code:_____

Zip Code:_____

Update my records:

Name: _____

Address:_____

Phone Number: _____

Email Address:_____

If making a donation by check, please mail to: AA Central Office; 14 W. Anapamu St., Santa Barbara, CA 93101

I would like to receive my monthly newsletter, The Messenger, via email or snail mail, or I can pick one up at my meeting. (circle one).

If making a donation by credit card, feel free to scan and email the coupon to:

Manager@SantaBarbaraAA.com



ANNOUNCEMENT!

New Central Office Hours

Due to the low volume of activity, Central Office will no longer be open on Saturdays.

Our hours going forward will be M-F – 10 a.m. to 2 p.m.

Thank you!!

I am Responsible . . .



*When anyone, anywhere,
reaches out for help,
I want the hand of AA
always to be there.
And for that: I am responsible.*

Tradition 3

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life -and a useful one!

**Bill W.
The A.A. Grapevine, February, 1948**

GRATITUDE BREAKFAST

Presented by Your Central Office

Saturday, April 1st, 2023

**New House III,
2434 Bath Street**

Breakfast: 9:00 a.m. - 10:30 a.m.

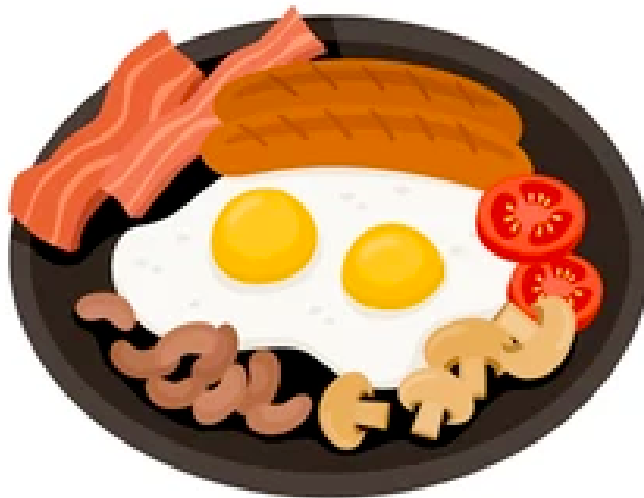
(Doors Open at 8:30 a.m.)

Scramble eggs, Bacon, Sausage, Bagels (and cream cheese), Danish, Coffee and Orange Juice

Speaker Meeting begins at 10:30 a.m.

Speaker: Candace M. from Los Angeles

**Tickets are \$10 can be purchased from your IGR
or at Central Office**



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